101 Buddha Quotes



Published March 2012

Preface

This book contains 101 of Buddha's quotes, which we collected from various sources.

Each quote contains a wealth of wisdom, inspiration, and practical advice. Read the quotes, think about the wisdom they contain, or use them for meditation, and you will find inspiration, peace, and wisdom.

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Remez Sasson

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Biography

Siddhartha Gautama, known as the Buddha, was born as a royal prince in a place called Lumbini, which was originally in northern India, but is now part of Nepal. His exact lifetime is uncertain, yet most historians date his lifetime from 563 BC to 483 BC.

The meaning of the word Buddha is "The Enlightened One", or "The Awakened One", and refers to one who has become enlightened. Siddhartha Gautama is regarded as the Supreme Buddha of all eras.

Gautama enjoyed a comfortable upbringing, and when he reached the age of 16, his father arranged his marriage to his cousin. According to tradition, she gave birth to a son.

Siddhartha Gautama was provided with everything he could want or need. However, he was not satisfied with his life, and felt that material wealth was not his life's goal.

One day, he left the palace to see the world outside, and was confronted with the sufferings of life, which he never knew before. The next day, at the age of twenty-nine, he left the palace to lead an ascetic life, with the determination to find the answer to the problem of human suffering.

For six years, Siddhartha Gautama followed ascetic practices, studying and following different methods of meditation, with various religious teachers. However, he was not satisfied, and felt that he had not found any real answer to the problem of human suffering.

Next, he took his austerities even further, and tried to find enlightenment through deprivation of worldly goods, including food. After nearly starving, he decided that extreme asceticism didn't work for him, and adopted the path of moderation, which the Buddhists call "the Middle Way".

According to tradition, it is said that at the age of 35, Siddhartha Gautama sat under a tree, known as the Bodhi tree, and vowed not to get up until finding the truth. He sat and meditated, and after 49 days he attained Enlightenment. From that time, Siddhartha Gautama became known as the Buddha, "The Enlightened One".

The Buddha realized the cause of human suffering, and the steps necessary to eliminate it. These discoveries became known as the "Four Noble Truths", which are at the heart of the Buddhism.

For the remaining years, he traveled through the Indian subcontinent, teaching people the principles of the Buddhism.

101 Buddha Quotes

He is able who thinks he is able.

The Way is not in the sky. The Way is in the heart.

Through zeal, knowledge is gotten; through lack of zeal, knowledge is lost.

Being deeply learned and skilled, being well-trained and using well-spoken words, this is good luck.

Happiness is a journey, not a destination.

Happiness comes when your work and words are of benefit to yourself and others.

Every human being is the author of his own health or disease.

Health is the greatest gift, contentment the greatest wealth, faithfulness the best relationship.

To be angry is to let others' mistakes punish yourself.

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.

Your work is to discover your work, and then with all your heart to give yourself to it.

Your body is precious. It is our vehicle for awakening. Treat it with care.

Thousands of candles can be lit from a single candle, and the life of the candle will not be shortened.

Peace comes from within. Do not seek it without.

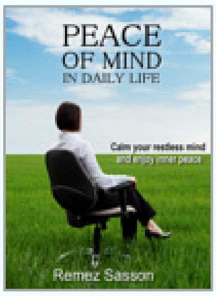
Just as a candle cannot burn without fire, men cannot live without a spiritual life.

You will always be getting praise and blame, but do not let either affect the poise of the mind.

No one saves us but ourselves. No one can and no one may. We ourselves must walk the path.

It is a man's own mind, not his enemy or foe, that lures him to evil ways.

All know the Way, but few actually walk it.



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If you wish to be gentle with others, be gentle first with yourself.

An outside enemy exists only if there is anger inside.

A man should first direct himself in the way he should go. Only then should he instruct others.

Work out your own salvation. Do not depend on others.

A jug fills drop by drop.

There is nothing so disobedient, as an undisciplined mind, and there is nothing so obedient, as a disciplined mind.

There are only two mistakes one can make along the road to truth; not going all the way, and not starting.

Happiness never decreases by being shared.
To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear.

What we think, we become.

Be vigilant; guard your mind against negative thoughts.

All that we are is the result of what we have thought. If a man speaks or acts with an evil thought, pain follows him. If a man speaks or acts with a pure thought, happiness follows him, like a shadow that never leaves him.

The greatest prayer is patience.

Endurance is one of the most difficult disciplines, but it is to the one who endures that the final victory comes.

On a long journey of human life, faith is the best of companions; it is the best refreshment on the journey; and it is the greatest property.
We are shaped by our thoughts; we become what we think. When the mind is pure, joy follows like a shadow that never leaves.

We are what we think. With our thoughts, we make our world.

You will not be punished for your anger; you will be punished by your anger.

Suppose an enemy has hurt you in his own domain, why should you annoy yourself and hurt your mind in your own domain?

Your worst enemy cannot harm you as much as your own thoughts, unguarded. But once mastered, no one can help you as much. Not even your father or your mother.

If we could see the miracle of a single flower clearly, our whole life would change.

Better than a thousand hollow words, is one word that brings peace.

Meditation brings wisdom; lack of mediation leaves ignorance. Know well what leads you forward and what hold you back, and choose the path that leads to wisdom.

Inward calm cannot be maintained unless physical strength is constantly and intelligently replenished.

However many holy words you read, however many you speak, what good will they do you if you do not act on upon them.



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In the sky, there is no distinction of east and west; people create distinctions out of their own minds and then believe them to be true.

Friendship is the only cure for hatred, the only guarantee of peace.

To conquer oneself is a greater victory than to conquer thousands in a battle.

A family is a place where minds come in contact with one another. If these minds love one another, the home will be as beautiful as a flower garden. But if these minds get out of harmony with one another it is like a storm that plays havoc with the garden.

Hatred does not cease by hatred, but only by love; this is the eternal rule.

When it is impossible for anger to arise within you, you find no outside enemies anywhere.

A dog is not considered a good dog because he is a good barker. A man is not considered a good man because he is a good talker.

An insincere and evil friend is more to be feared than a wild beast; a wild beast may wound your body, but an evil friend will wound your mind.

You should respect each other and refrain from disputes; you should not, like water and oil, repel each other, but should, like milk and water, mingle together.

Fashion your life as a garland of beautiful deeds.

We are formed and molded by our thoughts. Those whose minds are shaped by selfless thoughts give joy when they speak or act. Joy follows them like a shadow that never leaves them.

Nothing is permanent.

What we are today comes from our thoughts of yesterday, and our present thoughts build our life of tomorrow: Our life is the creation of our mind.

Neither fire nor wind, birth nor death can erase our good deeds.

Anger will never disappear so long as thoughts of resentment are cherished in the mind. Anger will disappear just as soon as thoughts of resentment are forgotten.

I don't wish to be everything to everyone, but I would like to be something to someone.

You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.

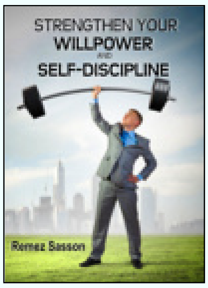
To forgive others is to be good to yourself.

The conquest of oneself is better than the conquest of all others.

Do not dwell in the past, do not dwell in the future, concentrate the mind on the present moment.

Let yourself be open and life will be easier. A spoon of salt in a glass of water makes the water undrinkable. A spoon of salt in a lake is almost unnoticed.

Be where you are; otherwise you will miss your life.



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Three things cannot be long hidden: the sun, the moon, and the truth.

You only lose what you cling to.

One thought leads to heaven, one thought leads to hell.

Believe nothing, merely because you have been told it. Do not believe what your teacher tells you merely out of respect for the teacher. But whatsoever, after due examination and analysis, you find to be kind, conducive to the good, the benefit, the welfare of all beings that doctrine believe and cling to, and take it as your guide.

Each morning we are born again. What we do today is what matters most.

Believe nothing, no matter where you read it, or who said it, no matter if I have said it, unless it agrees with your own reason and your own common sense.

The tongue like a sharp knife kills without drawing blood.

An idea that is developed and put into action is more important than an idea that exists only as an idea.

Words have the power to both destroy and heal. When words are both true and kind, they can change our world.

Do not believe in anything simply because you've heard it. Do not believe in anything simply because it is spoken and rumored by many. Do not believe in anything simply because it is found written in your religious books. Do not believe in anything merely on the authority of your teachers and elders. Do not believe in traditions because they have been handed down for many generations. But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all, then accept it and live up to it.

The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles, but to live in the present moment wisely and earnestly.

Whatever words we utter should be chosen with care, for people will hear them and be influenced by them for good or ill.

To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.

Do not overrate what you have received, nor envy others. He who envies others does not obtain peace of mind.

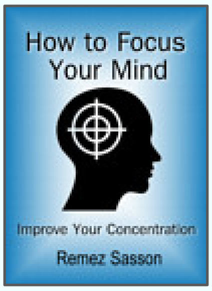
Good men and bad men differ radically. Bad men never appreciate kindness shown them, but wise men appreciate and are grateful. Wise men try to express their appreciation and gratitude by some return of kindness, not only to their benefactor, but to everyone else.

There has to be evil so that good can prove its purity above it.

If a man's mind becomes pure, his surroundings will also become pure.

There is nothing more dreadful than the habit of doubt. Doubt separates people. It is a poison that disintegrates friendships and breaks up pleasant relations. It is a thorn that irritates and hurts; it is a sword that kills.

It is better to conquer yourself than to win a thousand battles. Then the victory is yours.



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Let a man avoid evil deeds as a man who loves life avoids poison.

The ignorant man is an ox. He grows in size, not in wisdom.

Be a lamp unto yourself.

When one has the feeling of dislike for evil, when one feels tranquil, one finds pleasure in listening to good teachings; when one has these feelings and appreciates them, one is free of fear.

Everything is based on mind, is led by mind, is fashioned by mind. If you speak and act with a polluted mind, suffering will follow you, as the wheels of the oxcart follow the footsteps of the ox. Everything is based on mind, is led by mind, is fashioned by mind. If you speak and act with a pure mind, happiness will follow you, as a shadow clings to a form.

Our sorrows and wounds are healed only when we touch them with compassion.
You are the source of all purity and impurity. No one purifies another.

There is no fire like passion. No crime like hatred. No sorrow like separation. No sickness like hunger, and no joy like the joy of freedom.

It is wrong to think that misfortunes come from the east or from the west; they originate within one's own mind. Therefore, it is foolish to guard against misfortunes from the external world and leave the inner mind uncontrolled.

It is better to do nothing, than to do what is wrong. For whatever you do, you do to yourself.

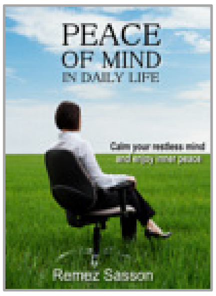
Your worst enemy cannot harm you as much as your own thoughts, unguarded. But once mastered, no one can help you as much. Not even your father or your mother.

How easy it is to see your brother's faults. How hard it is to face your own.
There is pleasure, and there is bliss. Forgo the first to possess the second.

Easy to do are things that are bad and harmful to oneself. But exceedingly difficult to do are things that are good and beneficial.
One is not low because of birth nor does birth make one holy. Deeds alone make one low, deeds alone make one holy.

Let us rise up and be thankful, for if we didn't learn a lot today, at least we learned a little, and if we didn't learn a little, at least we didn't get sick, and if we got sick, at least we didn't die; so, let us all be thankful.

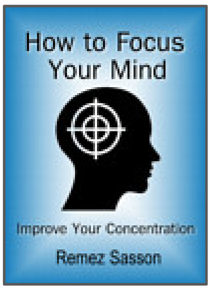
Books



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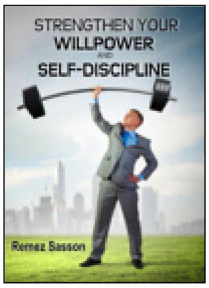
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